

**Amendments to the Claims:**

1 (original). A method for preparing a paper or paperboard core or tube comprising bonding together one or more plies of paper or paperboard material with a water-based adhesive and drying the adhesive with radio frequency.

2 (original). The method of claim 1 wherein the core or tube is a single ply core or tube.

3 (original). The method of claim 1 wherein the core or tube is a multi-ply core or tube.

4 (original). The method of claim 1 wherein the core or tube is a consumer core or tube.

5 (original). The method of claim 1 wherein the core or tube is an industrial core or tube.

6 (original). The method of claim 1 wherein the core or tube is used in the tissue, towel, carpet, textile, plastic film, paper, food or industrial storage industry.

7 (original). The method of claim 6 wherein the tube is a tubular container.

8 (original). The method of claim 6 wherein the tubular container is a food container.

9 (original). The method of claim 1 wherein the adhesive is applied to the ply material as the core or tube is wound, the wound core or tube is passed through a radio frequency field, and the core or tube is cut to a desired length.

10 (original). The method of claim 5 wherein the tube is a concrete column forming tube.

11 (original). The method of claim 10 wherein the concrete column forming tube comprises from about 10 to about 30 plies.

12-20 canceled